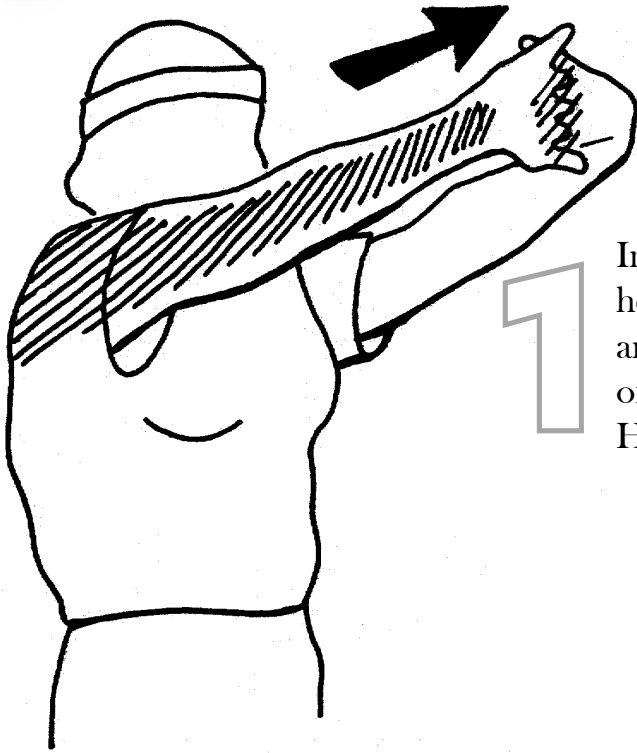


# STRETCHING



Interlace your fingers out in front of you at shoulder height. Turn your palms outward as you extend your arms forward to feel stretch in your shoulders, middle of your upper back, arms, hands, fingers, and wrists. Hold the stretch for 15 seconds, relax, and repeat.

2

Interlace your fingers above your head. Palms facing upward, push your arms slightly back and up. Feel the stretch in your arms, shoulders, and upper back. Hold the stretch for 15 seconds, relax and repeat.

Note: if it is not comfortable to interlace your fingers, you may simply hold your hands one on top of the other and complete the same movement.

